



CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

DECEMBER 3, 2021

NEW THIS WEEK!

*****If you are unable to reach the VASE+ page from hyperlinks in this newsletter, please either type or copy/paste the URL into your browser: vase.vdh.virginia.gov***

OMICRON VARIANT UPDATE - WHAT WE KNOW

COVID-19 and the Omicron variant

What We Know:

The best way to protect yourself from COVID-19 is to get fully vaccinated and boosted, combined with prevention strategies like wearing a mask in crowds or indoors.

Dated: 12/1/2021

What We're Learning:

Scientific studies are currently underway to learn if Omicron is more contagious or causes more severe disease than other variants, and how effective vaccines are against Omicron.

Omicron is a new variant of the virus that causes COVID-19. The Omicron variant has been detected in a growing number of countries, including the U.S.

Is Omicron as serious a health risk as other variants? Is it more or less contagious?

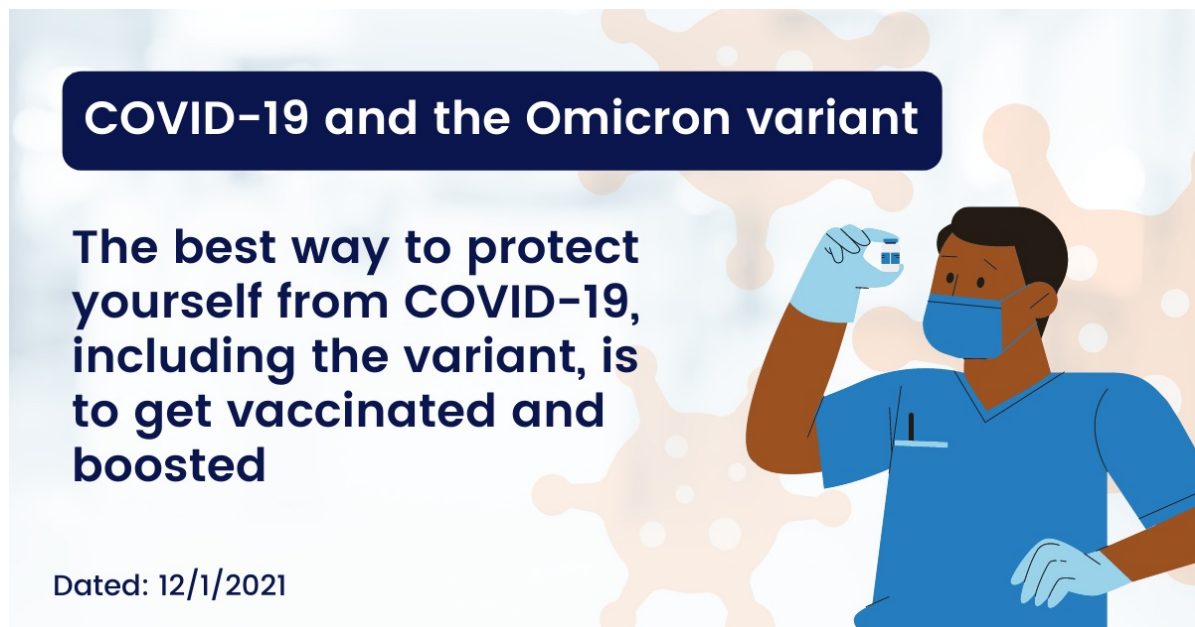
Health officials are collecting data to be able to answer these questions. In the meantime, it is important to remember that any coronavirus infection can be life threatening especially in people with underlying medical conditions.

What do we know that can help us stay safe?

The best way to prevent the spread of this new variant or any other variant is to get vaccinated, get a booster if you are eligible, and to wear a mask in indoor public settings or in a crowded environment. In most places, masking is also required for air, train and bus travel and other forms of public transportation.

Read the Latest from the
CDC

BOOSTER UPDATE! EVERYONE 18 AND OLDER SHOULD GET THEIR COVID-19 BOOSTER SHOT!



According to the latest CDC guidance, everyone 18 years and older should get a COVID-19 booster dose.

When should you get a booster dose of your COVID-19 vaccine?

If you received the Pfizer or Moderna COVID-19 vaccine, you should get your booster dose 6 months after completing your initial series. If you received the Johnson & Johnson vaccine, you should get your booster dose 2 months after completing your initial series.

The FDA and CDC also authorized mixing and matching different vaccines from the initial series. Read more [here](#).

Read more about COVID-19 Booster
Guidance

CSHD IS VACCINATING EVERYONE 5 AND UP!

***The CDC recommends that children and adolescents
age 5 and older get a COVID-19 vaccine!***

- The Pfizer COVID-19 vaccine is authorized for children and adolescents age 5 and up, as a 2-dose series taken 3 weeks apart.
- The dose for children age 5-11 is one-third of the dosage of the vaccine for older adolescents and adults.

Vaccination is the best way to protect children age 5

and older from COVID-19.

Vaccines are available at CSHD clinics, local pharmacies, some pediatrician offices, school based clinics, and more!

Visit vaccinate.virginia.gov or call 877-VAX-IN-VA for assistance in finding a clinic or scheduling vaccination.



Find your child a COVID-19
Vaccine!

Looking for an opportunity to get your COVID-19 vaccine or booster shot this week?

Monday, December 6 12:00 to 6:00 p.m.

College Square (Old Peeble's/Gordmans)

Pfizer, Moderna, Johnson & Johnson (Booster doses for eligible persons, first and second doses also available)
Appointments required. To make your appointment, please visit vase.vdh.virginia.gov.

Wednesday, December 8, 3:00 to 6:00 p.m.

Rockingham County Fairgrounds

Pfizer, Moderna, Johnson & Johnson (Booster doses for eligible persons, first and second doses also available)
Appointments required. To make your appointment, please visit vase.vdh.virginia.gov.

Thursday, December 9, 2:00 to 6:00 p.m.

James Madison University Convocation Center

Pfizer, Moderna, Johnson & Johnson (Booster doses for eligible persons, first and second doses also available)
Appointments required. To make your appointment, please visit vase.vdh.virginia.gov.

You do not need to be a student/faculty/staff member at JMU to sign up for the clinic at the JMU Convocation Center!

Read more about COVID-19 Booster
Doses

COVID-19 TESTING CLINIC

The Central Shenandoah Health District is offering free drive thru COVID-19 testing for those:

- ➡ With COVID-19 symptoms, and/or
- ➡ Who have been exposed to COVID-19

NO PRE-REGISTRATION REQUIRED!

📍 Hillandale Park
801 Hillandale Ave
Harrisonburg, VA

🕒 Monday & Thursday
8:00 -10:00 am



QUESTIONS? CALL YOUR LOCAL HEALTH DEPARTMENT!



THE FLU SHOT: WHAT YOU NEED TO KNOW



All people 6 months and older should get a flu shot for protection against the flu.

Visit <https://getmyflushot.org/> to find a location near you and to learn more about the flu shot. Not only does getting your flu shot help protect you and your loved ones, but it can also help our overwhelmed healthcare providers focus on treating people who are sick with Covid-19.

UPCOMING FLU VACCINE CLINICS AT THE LOCAL HEALTH DEPARTMENT!

Call your local health department to schedule an appointment!

Harrisonburg Rockingham Health Department: Call 540-574-5101
Flu vaccine clinics every Friday, 9:00am-11:00am

Waynesboro Augusta Health Department: Call 540-949-0137
Flu vaccine clinics every Wednesday, 2:00pm-4:00pm

Lexington Rockbridge Health Department: Call 540-463-3185
Flu vaccine clinics every Monday, 1:00pm-4:00pm

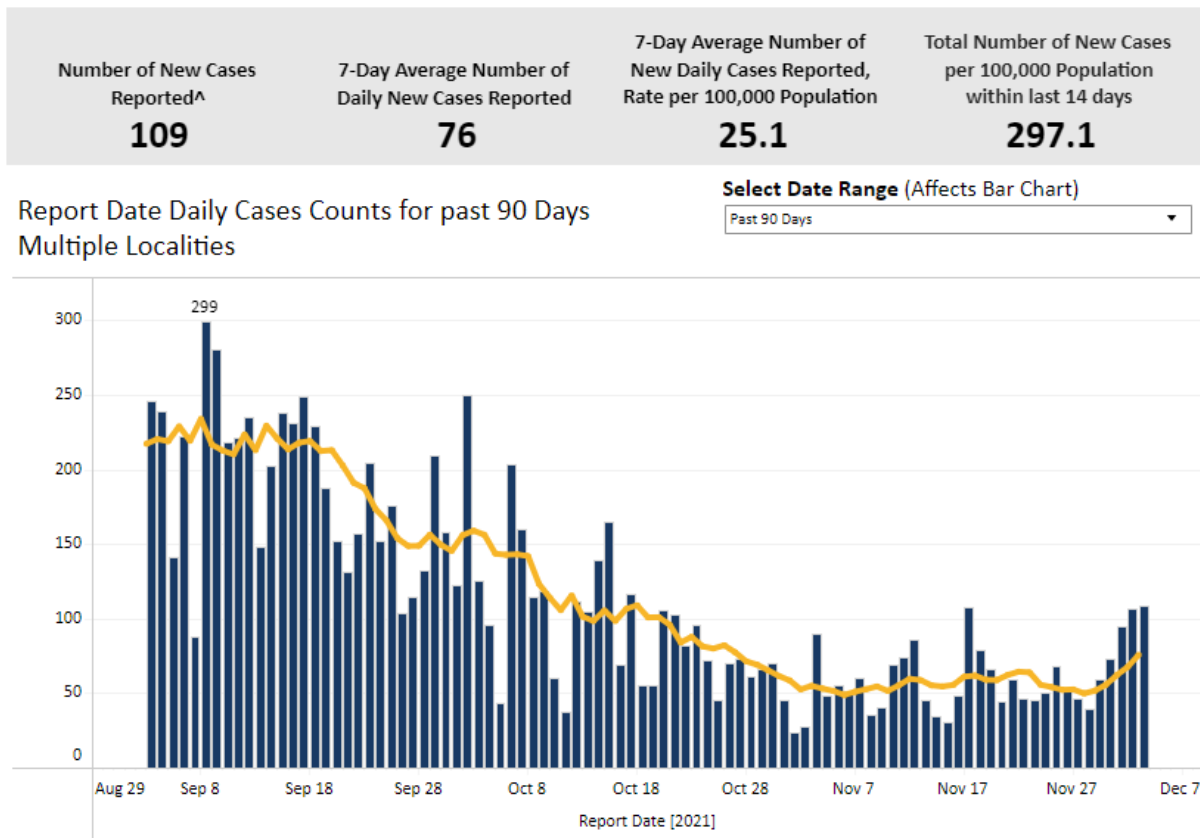
You may receive your COVID-19 shot or booster at the same time as your flu shot!

CENTRAL SHENANDOAH HEALTH DISTRICT COVID-19 DATA

NOTE: Last week's case data breakdown contained a spreadsheet error that did not accurately reflect the number of cases in CSHD. This week's data has been corrected.

Case Trends

The chart below illustrates the rate of cases throughout the Central Shenandoah Health District over the last 90 days.



Case Data Breakdown

As reported to VDH, by date of lab report. May differ from other sources, due to reporting lags. Negative numbers indicate data corrections, since March 2020. More data can be found [here](#).

	7-Day Average Number of Daily New Cases Reported	Total Cases	Total Hospitalizations	Total Deaths
Rockingham County	20	9,876	611	170
Harrisonburg City	12	8,537	269	114
Augusta County	21	10,781	316	140
Staunton City	7	3,576	102	84
Waynesboro City	6	3,803	102	50
Rockbridge County	3	2,294	80	66
Lexington City	2	1,632	37	37
Buena Vista City	3	1,433	33	28
Bath County	2	519	20	15
Highland County	1	197	2	4
Totals:	77	42,648	1572	708

Vaccination Rates

You are considered to be fully vaccinated 2 weeks after your second dose in a 2-dose series or 2 weeks after a single-dose vaccine.

In the Central Shenandoah Health District, vaccination percentages are broken down by locality and city below:

	Percentage of Population receiving one dose	Percentage of Population fully vaccinated	Percentage of Adults receiving one dose	Percentage of Adults fully vaccinated
Rockingham County	56.2	51.3	65.7	61.0
Harrisonburg City	56.5	49.9	61.1	55.6
Augusta County	58.4	54.1	66.8	62.7
Staunton City	68.9	62.1	77.7	71.6
Waynesboro City	64.6	58.1	77.0	71.1
Rockbridge County	59.5	54.9	67.3	62.6
Lexington City	59.2	52.6	61.1	55.7
Buena Vista City	58.2	52.5	68.3	62.4
Bath County	57.0	50.6	64.9	58.1
Highland County	58.4	54.9	65.7	62.4
Totals:	59.7	54.1	67.6	62.3

Data Sources - Find out more!

The Virginia Department of Health maintains a COVID-19 dashboard containing case, vaccination and transmission data. To find out more about this data and how it is collected, click the link below!

Visit the VDH COVID-19 Data Dashboard

Health Education Corner



Thanksgiving may be over, but that doesn't mean you should stop reflecting on what you are thankful for!

Research shows that focusing on gratitude can reduce stress and improve physical AND mental health.

Visit [CDC's How Right Now](#) for tips on how to practice gratitude. This is a great resource to share with your community as well!

P.S. CSHD is grateful for YOU!

COVID-19 MITIGATION



Vaccination is our number one line of defense in defeating COVID-19. All COVID-19 vaccines approved and authorized in the United States are safe, effective and free. **The Central Shenandoah Health District encourages everyone who is eligible to receive the COVID-19 vaccine do so as soon as possible!**

In addition to vaccination, layering other public health mitigation measures can keep you and your family safe! This can include:

- **Masking up in areas of high transmission**, even if you have already been vaccinated. Currently, the majority of localities throughout the state are in a state of substantial to high transmission. Read more about transmission [here](#).
- **Practice physical distancing (also known as social distancing)**, and stay 6 feet apart from others. It is a way to slow the spread of COVID-19 by reducing close contact between people. The closer you are to other people who are not fully vaccinated and the more time you spend with those people, the higher the risk of COVID-19 spread.
- **Wash your hands often with soap and water for at least 20 seconds.** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, rubbing your hands together for at least 30 seconds until they are dry.

Read more about COVID-19 Mitigation Best Practices

COVID-19 VACCINE CLINICS

Click the button below for a full list of COVID-19 vaccine clinics happening in the Central Shenandoah Health District. The clinics are separated by region. Please note that the Pfizer vaccine is approved for ages 5+ and the Moderna and Johnson & Johnson vaccines are approved for ages 18+. These schedules are subject to change

You can register for these clinics at vase.vdh.virginia.gov.

View the COVID-19 Community Calendars

We also continue to partner with organizations throughout the district to provide access to COVID-19 vaccines. Visit the websites below for COVID-19 vaccine clinics operated by our community partners!

- Augusta Health: <https://vaccinate.augustahealth.com/vaccine-appointments/>
- Carilion Rockbridge Community Hospital: <https://www.carilionclinic.org/covid-19-vaccine#latest-updates>
- Health Community Health Centers: <https://www.hburgchc.org/covid-19-2/>
- Rockbridge Area Health Center: <https://www.rockahc.org/coronavirus-covid-19-updates/>
- Sentra Rockingham Memorial Hospital: <https://www.sentara.com/harrisonburg-virginia/covid-19-information.aspx>

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FOR MORE INFORMATION ABOUT COVID-19, VISIT:
<https://www.vdh.virginia.gov/coronavirus/covid-19-in-virginia/>

